

U.S. Consulate General Dubai Newsletter

June 2013



Ramadan Schedule



The American Citizen Services section will be working on reduced Ramadan hours:

12:30-2:30 Sun, Tues, Wed, Thurs

Exact dates for Ramadan will be announced by the UAE Ministry of Foreign Affairs

American Citizen Services Dubai Newsletter

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Health Benefits of Dates (source: <http://www.nutrition-and-you.com/dates.html>)

- replenish energy and revitalize the body instantly,
- rich in dietary fiber, which prevents LDL cholesterol absorption,
- contain health benefiting flavonoid polyphenolic antioxidants known, known to possess anti-infective, anti-inflammatory, and anti-hemorrhagic properties,
- a moderate sources of vitamin-A which is known to have antioxidant properties and essential for vision,
- contain antioxidant flavonoids that may offer some protection from colon, prostate, breast, endometrial, lung, and pancreatic cancers,
- contain Zea-xanthin is an important dietary carotenoid which offers protection against age-related macular degeneration,
- an excellent source of iron,
- contain potassium that helps control heart rate and blood pressure and offers protection against stroke and coronary heart diseases,
- rich in minerals like calcium, manganese, copper, and magnesium,
- has adequate levels of B-complex group of vitamins and pyridoxine niacin, pantothenic acid, and riboflavin, cofactors that help the body metabolize carbohydrates, protein, and fats.



DOs and DON'Ts of Ramadan

Violation of rules is deemed offensive and can land you in hot water with the authorities, ranging from warnings or fines issued by the police to jail time.

- **Don't** dance, sing or be intoxicated in public at any time. Most major nightclubs will close for Ramadan. Bars and pubs will generally remain open but will only serve alcohol after dark. Similarly, liquor stores will only sell after dark. There is also no live music and nothing above quiet background music in bars and pubs.
- **Don't** play loud music at any time in your car, on the beach or even at home. You can play music; just make sure it can't be heard outside your car or home and use headphones on the beach.
- **Don't** wear revealing or tight fitting clothes in public, modesty is key during Ramadan. This includes when you are heading for a night out.
- **Don't** smoke, drink, chew gum or eat in public during the hours of sunrise to sunset. This includes while you are driving as well as public places such as malls, cinemas or offices.
- **Don't** swear in public. Blasphemy is frowned upon at the best of times, but during the Holy Month of Ramadan it's particularly offensive.
- **Do** say "Ramadan Kareem" to your Muslim friends and colleagues.
- **Do** smoke, drink and eat in the privacy of your home, hotel room or office. If you work in a shared or open plan office simply designate a room where the door can be closed. The point here is to be respectful to those colleagues that are fasting.
- **Do** be aware that office hours will change which will in turn affect

traffic patterns. Peak traffic will occur earlier than normal, 7am – 9am and 1pm – 3pm. An additional rush hour occurs at 8pm – midnight.

- **Do** avoid driving close to sunset. It can be hazardous during this time as the roads fill with people rushing to break the fast at Iftar celebrations. Remember many drivers will not have had anything to eat or drink all day so exercise caution.
- **Do** dress conservatively. Avoid going to public places like shopping centers and parks wearing shorts, mini-skirts or sleeveless outfits. This law is applicable all year round, but during Ramadan sensitivities are heightened.
- **Do** make reservations for dinner. Most of the cities shopping malls and public places will become hives of activity after sunset lasting until late at night. This also means that restaurants and hotels will be crowded so if you plan to eat out book ahead.
- **Do** give to the poor and help the needy. Ramadan is renown for its charitable nature. You don't have to spend the earth – small gestures go a long way.
- **Do** make the most of the community spirit and sumptuous food to be found in the Iftar tents at the city's hotels. It's a great opportunity to relax, play games and experience some traditional Arabic cuisine and entertainment.

Source: ExpatriateDubai.com



[Centers for Disease Control and Prevention](https://www.cdc.gov) has information on the Novel (New) Coronavirus in the Arabian Peninsula.

Contact CDC: call 800-CDC-INFO (800-232-4636) or visit <http://www.cdc.gov>

Cases of respiratory illness caused by a novel (new) coronavirus have been identified in multiple countries. For more information, see [CDC's novel coronavirus update](#).

At this time, WHO and CDC have not issued travel health warnings for any country related to novel coronavirus and CDC does not recommend that anyone change their travel plans because of these cases of the novel coronavirus. CDC recommends that US travelers to countries in or near the Arabian Peninsula* monitor their health and see a doctor right away if they develop fever and symptoms of lower respiratory illness, such as cough or shortness of breath. They should tell the doctor about their recent travel.

We strongly recommend that U.S. citizens traveling to or residing in the UAE enroll in the Department of State's Smart Traveler Enrollment Program (STEP) at <https://step.state.gov/step>. See the instructions on page 4. Also regularly monitor the State Department's website at <http://travel.state.gov>, where you can find current Travel Warnings, Travel Alerts, and the Worldwide Caution. Read the Country Specific Information for the [United Arab Emirates](#). For additional information, refer to "A Safe Trip Abroad" on the State Department's website.

How Can Travelers Protect Themselves?

Taking these everyday actions can help prevent the spread of germs and protect against colds, flu, and other illnesses:

- Wash your hands often with soap and water. If soap and water are not available, use an alcohol-based hand sanitizer.
- Avoid touching your eyes, nose, and mouth. Germs spread this way.
- Avoid close contact with sick people.
- Be sure you are up-to-date with all of your shots, and if possible, see your healthcare provider at least 4–6 weeks before travel to get any additional shots. Visit CDC's [Travelers' Health](#) website for more information on healthy travel.
- If you are sick
 - Cover your mouth with a tissue when you cough or sneeze, and throw the tissue in the trash.
 - Avoid contact with other people to keep from infecting them.



Consular Corner

As the school year comes to an end and the summer approaches, many of us are preparing for travel. Please make sure that the entire family's passports are valid and make an appointment to renew as soon as possible if you need to.

You may renew your passport at any time, even six months or more ahead of time, as some countries require at least a six month validity on the passport to enter. Do not wait until the last minute! Visit our website at: <http://dubai.usconsulate.gov/passports.html> for information on renewing your passports and to make an online appointment. As we get closer to summer, our appointments are filling quickly, the number of emergency requests is high and we unfortunately cannot accommodate them all. Check your passports today!

It's always a good idea to be prepared for any emergency. Whether it's a disease, earthquake, drought, or man-made, being prepared is the key! Please look through the information in this newsletter for links to information from the experts ([FEMA](#) and [Ready.gov](#)) and to learn what you and your family can do to be better prepared. You may have seen some information on the coronavirus incidents in Saudi Arabia. The CDC also has information on taking preventative measures to avoid contracting a disease.

We wish all of you safe travels this summer!



Always be prepared.

www.READY.gov and www.FEMA.gov have information on preparing for any emergency. Visit both websites to learn what to do before, during and after an emergency.



Preparing Makes Sense.

The likelihood that you and your family will survive a house fire depends as much on having a working smoke detector and an exit strategy, as on a well-trained fire department. The same is true for surviving a terrorist attack or other emergency. We must have the tools and plans in place to make it on our own, at least for a period of time, no matter where we are when disaster strikes. Just like having a working smoke detector, preparing for the unexpected makes sense.

Get ready now.

1 Get a Kit of Emergency Supplies.

Be prepared to improvise and use what you have on hand to make it on your own for **at least three days**, maybe longer. While there are many things that might make you more comfortable, think first about fresh water, food and clean air.

Consider two kits. In one, put everything you will need to stay where you are and make it on your own. The other should be a lightweight, smaller version you can take with you if you have to get away.

You'll need a gallon of **water** per person per day for drinking and sanitation. Include in the kits a three day supply of non-perishable **foods** that are easy to store and prepare such as protein bars, dried fruit or canned foods. If you live in a cold weather climate, include **warm clothes** and a sleeping bag for each member of the family.

Some potential terrorist attacks could send tiny microscopic "junk" into the air. Many of these materials can only hurt you if they get into your body, so think about creating a barrier between yourself and any contamination. It's smart to have something for each member of the family that covers **their mouth and nose**, such as two to three layers of a cotton t-shirt, handkerchief or towel or **filter masks**, readily available in hardware stores. It is very important that the mask or other material fit your face snugly so that most of the air you breathe comes through the mask, not around it. Do whatever you can to make the best fit possible for children.

Also, include **duct tape and heavyweight garbage bags or plastic sheeting** that can be used to seal windows and doors if you need to create a barrier between yourself and any potential contamination outside.

2 Make a Plan For What You Will Do in an Emergency.

Plan in advance what you will do in an emergency. Be prepared to assess the situation. Use common sense and whatever you have on hand to take care of yourself and your loved ones.

Develop a Family Communications Plan. Your family may not be together when disaster strikes, so plan how you will contact one another and review what you will do in different situations. **Consider a plan where each family member calls, or e-mails, the same friend or relative in the event of an emergency.** It may be easier to make a long-distance phone call than to call across town, so an **out-of-town contact** may be in a better position to communicate among separated family members. Be sure each person knows the phone number and has coins or a prepaid phone card to call the emergency contact. You may have trouble getting through, or the phone system may be down altogether, but be patient.

Depending on your circumstances and the nature of the attack, the first important decision is whether you stay put or get away. You should understand and plan for both possibilities. Use common sense and the information you are learning here to determine if there is immediate danger. **Watch television and listen to the radio for official instructions as they become available.**

Create a Plan to Shelter-in-Place. There are circumstances when staying put and creating a barrier between yourself and potentially contaminated air outside, a process known as sheltering-in-place and sealing the room can be a matter of survival. **If you see large amounts of debris in the air, or if local authorities say the air is badly contaminated, you may want to shelter-in-place and seal the room. Consider precutting plastic sheeting to seal windows, doors and air vents.** Each piece should be several inches larger than the space you want to cover so that you can duct tape it flat against the wall. Label each piece with the location of where it fits.

Use all available information to assess the situation. If you see large amounts of debris in the air, or if local authorities say the air is badly contaminated, you may want to shelter-in-place. Quickly bring your family and pets inside, lock doors, and close windows, air vents and fireplace dampers. Immediately turn off air conditioning, forced air heating systems, exhaust fans and clothes dryers. Take your emergency supplies and go into the room you have designated. Seal all windows, doors and vents. Understand that sealing the room is a temporary measure to create a barrier between you and contaminated air. Watch TV, listen to the radio or check the Internet for instructions.

Create a Plan to Get Away. Plan in advance how you will assemble your family and anticipate where you will go. **Choose several destinations in different directions** so you have

options in an emergency. If you have a car, keep at least a half tank of gas in it at all times. **Become familiar with alternate routes as well as other means of transportation** out of your area. If you do not have a car, plan how you will leave if you have to. **Take your emergency supply kit**, unless you have reason to believe it is contaminated and lock the door behind you. Take pets with you if you are told to evacuate, however, if you are going to a public shelter, keep in mind they may not be allowed inside. If you believe the air may be contaminated, drive with your windows and vents closed and keep the air conditioning and heater turned off. Listen to the radio for instructions.

3 Be Informed About What Might Happen.

Some of the things you can do to prepare for the unexpected, such as assembling a supply kit and developing a family communications plan, are the same for both a natural or man-made emergency. However there are significant differences among potential terrorist threats, such as biological, chemical, explosive, nuclear and radiological, which will impact the decisions you make and the actions you take. By beginning a process of learning about these specific threats, you are **preparing yourself** to react in an emergency. Go to www.ready.gov to learn more about potential terrorist threats and other emergencies or call 1-800-BE-READY (1-800-237-3239) for a free brochure.

Be prepared to adapt this information to your personal circumstances and make every effort to follow instructions received from authorities on the scene. With these simple preparations, you can be ready for the unexpected.

Get ready now.

4 Get Involved in Preparing Your Community.

After preparing yourself and your family for possible emergencies, take the next step and get involved in preparing your community. Join **Citizen Corps**, which actively involves citizens in making our communities and our nation safer, stronger and better prepared. We all have a role to play in keeping our hometowns secure from emergencies of all kinds. Citizen Corps works hard to help people prepare, train and volunteer in their communities. Go to www.citizen corps.gov for more information and to get involved.

A disaster supplies kit is simply a collection of basic items your household may need in the event of an emergency. Try to assemble your kit well in advance of an emergency. You may have to evacuate at a moment's notice and take essentials with you. You will probably not have time to search for the supplies you need or shop for them.

www.READY.gov recommends the following supplies to include in a Basic Kit:

- Water: one gallon per person per day, for drinking and sanitation
- Food: at least a three-day supply of non-perishable food
- Battery-powered radio and extra batteries
- Flashlight and extra batteries
- First Aid Kit
- Whistle to signal for help
- Filter mask or cotton t-shirt, to help filter the air
- Moist Towelettes for sanitation
- Wrench or pliers to turn off utilities
- Manual can opener for food (if kit contains canned food)
- Plastic sheeting and duct tape to shelter in place
- Garbage bags and plastic ties for personal sanitation
- Unique family needs: daily medications, infant formula, diapers, documents.

Frequently Asked About...

U.S. Passport Pick-Ups

During the summer rush, passport renewals take about 2 weeks to process. Once the passport arrives at the Consulate, you will automatically receive an email to the email address you listed on your passport application.

You may ask anyone you trust to pick-up the new passport, as long as:

- they bring the current passport — even if it has already expired; we cannot give you the new passport until we cancel the current one.
- they bring the yellow pick-up slip — if you have the yellow pick-up slip, no appointment is necessary for pickup. If you lose it, you will have to make an appointment, the guards will not allow you to enter without one.
- Pick-ups are allowed only between 12:30-3:00 pm on Sunday, Tuesday, Wednesday, Thursday, except on local and U.S. holidays; Ramadan hours are different. Sometimes the ACS section is closed for training, etc., and these dates will be announced on the automatic email notification you receive.

Follow these icons to different links to stay connected with the Department of State!

*Hold down **Ctrl** and click!*

STAYING CONNECTED



"American English" mobile application is now available for free.

Download the app [HERE](#).

The AE app works with [nearly any type of mobile phone](#) that runs Java or Android. Even if you don't have a smart phone, this app is for you.

Students — study English anytime, anywhere. Learn on your own or with friends using integrated social media features like Facebook and Twitter.

Teachers — use the app to bring content into your classroom or to encourage students to practice English in their free time. media content, plus much more!

Make sure you, your family and your friends receive the latest information by keeping your registration data up-to-date in STEP



Smart Traveler Enrollment Program (STEP)



The Smart Traveler Enrollment Program (STEP) is a free service provided by the U.S. Government to U.S. citizens who are traveling to, or living in, a foreign country.

STEP allows you to enter information about your upcoming trip abroad so that the Department of State can better assist you in an emergency.

STEP also allows Americans residing abroad to get routine information from the nearest U.S. embassy or consulate -- **please include a valid email address.**

To remove yourself from the Smart Traveler Enrollment Program (STEP):

- If you are no longer in Dubai and do not wish to receive these messages, go to <https://step.state.gov> and update your profile with current information.
- You may leave the list at any time by sending "SIGNOFF POST_DUBAI" in the subject line to LISTSERV@CALIST.STATE.GOV.

Traveling this summer? Here are some tips to make your trip better!



Good news for frequent international travelers!!!

www.GlobalEntry.gov

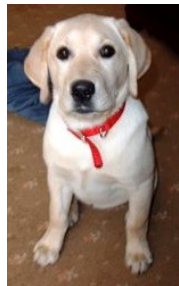
Global Entry is a U.S. Customs and Border Protection (CBP) program that allows expedited clearance for pre-approved, low-risk travelers upon arrival in the United States

TSA Pre✓™ allows select frequent flyers of participating airlines and members of U.S. Customs and Border Protection (CBP) Trusted Traveler programs who are flying on participating airlines, to receive expedited screening benefits. Eligible participants use dedicated screening lanes for screening benefits which include leaving on shoes, light outerwear and belts, as well as leaving laptops and 3-1-1 compliant liquids in carry-on bags.



Learn more about how you can participate and receive expedited screening.

Traveling with pets?



If you decide to take your pet with you when you go abroad, you should check with the embassies of the destination countries as to specific requirements that must be met before a pet may be brought into the country. Many countries have strict health, quarantine, agriculture, wildlife, and customs requirements and prohibitions. A listing of foreign embassies and consulates in the U.S. is available on the Department of State's web-site at travel.state.gov, under the section entitled "Country Specific Information".

Note: In a crisis in which chartered or military aircraft or ships are used to evacuate Americans from a danger area, pets will not normally be permitted on the carrier. The pet owner will need to make other arrangements in order to remove the pet from the area. (Service animals, such as guide dogs, are not considered pets and will be accommodated if possible.)

Information on bringing pets into the U.S. is found on the Department of Homeland Security's website at: https://help.cbp.gov/app/answers/detail/a_id/55/~/_pets---dogs,-rabies-vaccines.



The Smart Traveler App

Available for both [Android](#) and [iPhone](#), provides easy access to your [STEP](#) account and allows you to create personal itineraries, add notes, and organize your trips. Not only that, but it provides quick access to our [Facebook](#) and [Twitter](#) pages.



Real International Financial Scams Beware!

scams are initiated through the Internet; victims range in age from 18 to 81 and come from all socio-economic backgrounds.

If you are concerned about a U.S. citizen in distress overseas, but you are not sure if it is a legitimate case, call Overseas Citizens Services at 888-407-4747 (from overseas: 202-501-4444). Review our information on [Emergency Assistance to Americans Abroad](#).

If you feel you have been a victim of an Internet scam, please consult our [publications](#) for help and send all reports of Internet fraud directly to the [Internet Crime Complaint Center \(IC3\)](#) - a partnership between the Federal Bureau of Investigation (FBI) and the National White Collar Crime Center (NW3C). IC3 was established to receive internet related criminal complaints and to research, develop, and refer complaints to federal, state, local, or international law enforcement if appropriate.



Are you a victim of identity theft?

Contact the Federal Trade Commission at +1 (877) IDTHEFT (438-4338) or [visit www.ftc.gov/idtheft](http://www.ftc.gov/idtheft)

Visit the IRS Identity Theft resource page:

<http://www.irs.gov/privacy/article/0,,id=186436,00.html>

The EducationUSA Advising Center in Dubai is part of a global network of more than 400 advising centers supported by the U.S. Department of State. The Advising Centers in the UAE are located at the U.S. Embassy in Abu Dhabi and the U.S. Consulate General in Dubai. EducationUSA Advising Centers actively promote U.S. higher education around the world by offering accurate, unbiased, comprehensive, objective and timely information about educational institutions in the United States and guidance to qualified individuals on how best to access those opportunities.

Providing internet computer terminals, books and other resources about U.S. higher education, and personalized counseling from an educational advisor by appointment, the new center presents Dubai and the Northern Emirates with a source for information about studying at the over 4,000 accredited colleges and universities in the United States. The Consulate General's on-staff education advisor offers guidance regarding the selection of universities, testing, scholar-



ship opportunities, and the application process. The center also provides information on summer camps and leadership programs and pre-departure orientation workshops for U.S.-bound students. The EducationUSA Advising Center is open to the public and services are provided at no charge, but must be arranged in advance through an appointment system.

Please join our EducationUSA E-list to receive weekly education related updates and information

about different universities, webinars, financial aid opportunities, and education fairs in the UAE etc. by sending an e-mail to EducationUSAadubai@state.gov

To schedule an appointment with our Educational Advisors at the U.S. Consulate General in Dubai, please call 04-309-4142 or e-mail EducationUSAadubai@state.gov

For more information on EducationUSA, please visit www.educationUSA.state.gov.

Upcoming Holidays / Consulate Closing

June 6, 2013: Prophet's Ascension Day*

July 4, 2013: U.S. Independence Day

August 8, 2013: Eid Al Fitr*

September 1, 2013: Labor Day

**Denotes UAE religious holidays which are dependent upon the sighting of the moon and are likely to vary from the above estimated dates.*

The U.S. Consulate is closed on these holidays. In addition, the American Citizen Services section is closed on most Mondays. To see which days ACS is open and accepting appointments, please visit our appointment calendar on our website [HERE](#).



ACS Appointment System

In order to provide the most efficient service to our community, the American Citizen Section at the US Consulate General in Dubai has established an appointment system for all routine services. Please book an appointment online at dubai.usconsulate.gov under US Citizen Services. When you have made your appointment a confirmation page will appear on your screen. Please print the confirmation page and bring it with you on the day of your appointment. We do not allow walk-in appointments.

Emergency Services are provided on an as-needed basis; please send an email to DubaiWarden@state.gov. We answer our emails daily.

Contact Us

Telephone number: +971 4 309 4000

ACS Public Phone Hours: daily 8:00-10:00

Email: DubaiWarden@state.gov

Facebook:

<http://www.facebook.com/USConsulateGeneralDubai>

Emergency: +971-4-309 4000, ask for the Duty Officer.

Dubai Emergency Numbers

Police/Ambulance:: 999

Fire: 997



The U.S. Consulate General in Dubai is located at the Corner of Sheikh Khalifa Bin Zayed Road and Al Seef Road, Bur Dubai, Dubai, UAE